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Distress and health-related quality of life in Indonesian type 2 diabetes mellitus outpatients

Arifin, Bustanul

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ACKNOWLEDGMENT

Alhamdulillah rabbil 'alamin, It is a remarkable achievement, that I've arrived at this stage.

Thank you for all the prayers from my mother **Ros S. Ali** and father **Sardjito Sarikaya** and my two younger brothers **Moh. Fikri Maarif** and **Muh. Ramlan Budikumsa** (and his wife, **Fitriyanti Zaman**).

Dear **Prof. Maarten J. Postma**, Monday, 3 March 2014, is the day we met the first time. This is where my "timer" started, where I only had about 1460 days to complete the Ph.D. To be honest, from that day on I felt "fear", whether or not I was able to fulfill the responsibility given by Indonesia through a LPDP scholarship.

I would like to put my gratitude using the "**FC GRONINGEN**" abbreviation.

Thank you for the **Fruitful** discussions.

In addition to our research discussions, you were also willing to listen to my stories, academic as well as non-academic. We had for instance academic discussions about my participation in several courses. Pharmacoeconomic was the first course I attended (8–28 May 2014). During our discussion, I told you that I was "nervous" whether the exam score would reach 5.5. In addition to praying, I made a summary of Pharmacoeconomics (including mind mapping), so I could understand this topic (being the main focus of my research).

Prof. Postma, I always remember what you said back then: "feeling nervous or fear is necessary because one will be motivated to be better prepared for any activities." Another story was the support you gave me when I told you that I had failed on one of the courses, and you wisely said that "it is a part of the game, as a promoter I will

always be there to help you." This indicates that you are a person who **Cares**.

Next word is **Generous**. This is reflected in our non-academic discussions, for example, you permitted me to celebrate "Eid Al-Fitr (Ramadhan and Hari Raya Idul Fitri)" with my family in Banggai Laut (a remote area). During the "back to hometown" period, I always took advantage by also collecting data for our research.

Today, while I'm writing this "acknowledgment," a colleague from Indonesia contacted me because they wanted to invite you to be one of the speakers in an international seminar in Bandung (8-9 July 2018). Their reason, besides having read our publication about DDS17 Bahasa Indonesia ("BAS" is a word that will remind you of this publication), they also consider that you have a "worldwide **Reputation**".

Open-minded, I learned from you to be a good listener and observer.

My preliminary research plan was about "the costs of T2DM in Indonesia", but due to some obstacles, you finally agreed with the research idea about distress and health-related quality of life in Indonesian type 2 diabetes mellitus outpatients. You are always open to new ideas that I conveyed. Through you, I also learned to have "a high sense of **Nationalism**."

To be honest, I like your passion that always gives support to FC Groningen and the Dutch National Football Team. It is perfected by your attitude that deeply appreciates the cultural differences of other nations. You have proved to be willing to accept students from all over the world. You have **Inspired** others.

Notably, ... this word is always present in every manuscript we have written together. In my opinion, all your students will agree with me.

Genius. You always find the right word/phrase to communicate our research. The

word/phrase, looks “simple” but is very detailed.

Ergo ... as well as the word “notably,” this word is almost always there every time you give us input on our manuscripts.

The **Nice words** you always gave to me, which encouraged me to be more creative. Through this situation I understand that one’s success is the balance of all the positive things in our life. Thank you also for all the opportunities you gave to me to participate in several international seminars/conferences. The most memorable international seminars/conferences was when I became “1st best oral presenter” at International Conference on Global Health (ICGH) being held on August 14-16, 2017 in Jakarta (you also were one of the international speakers at this conference). To be honest, I felt very proud of being a representative of the University of Groningen. Moreover you, mb. Lusi and Tia were also attending my presentation.

Dear **Dr. Paul, F.M. Krabbe,**

July 2, 2014, was the day when I first emailed you. At that time, Maarten asked me to consult you for the “DDS17 Indonesia” analysis. July 8, 2014, was the first time we met and after I explained the instrument we wanted to validate, you suggest me to read the book “Factor analysis (Gorsuch, 1983)”. At that time it popped up in my mind that “the age of this book is the same as my age.” After searching and contacting the university library, I finally found this book. Next, I read and tried to understand (including the making of a summary of factor analysis). “To be honest, the more I tried, the less I understood about factor analysis,” until I finally read some other books for comparison. The result, “I got more confused.” About a week later, we discussed again this “factor analysis”. During this meeting, I brought the book “Factor analysis (Gorsuch, 1983)”

as well as some notes of my learning outcomes. As a result of this second discussion, I became more familiar (at least regarding analysis with SPSS) and you recommended me to read your writing about factor analysis (when your book was in the process of publishing). At this occasion, I would like to state that “to be honest”, I understood more about factor analysis after I have read your writing.”

From you, I learned “how to transfer knowledge”. Every time we discussed, you always provided a “systematic solution,” which was helping a lot.

So far, I feel that our common thing is that we are equally interested in “visualizing” science into something “eye-catching”. Hopefully, we agree that good science is understandable by the targeted audience and delivered with simple, detailed and entertained communication techniques.

I also remember when you helped me answering the audience questions about our poster “From visualization to understanding” (thanks, Qi, for this title). It was my first experience participating in the Euro-QoL Group meeting.

Paul, thank you for being my co-promoter. Thank you for taking the time to discuss our work.

Dear **Dr. Jarir Atthobari,**

Thank you for guiding me since my master’s education at the Faculty of Medicine UGM. Me as well as my parents are very grateful that Mr. Jarir has been willing to recommend me to Prof. Maarten J. Postma to pursue a Ph.D. education.

In fact, when Mr. Jarir is offer his recommendations, I was accepted as a doctoral student at the Faculty of Medicine UGM. Mr. Jarir asked me to contact LPDP Scholarship from the Ministry of Finance, Republic of Indonesia. Alhamdulillah, on the 3rd day PK 3 LPDP (a leadership training),

I received a letter of acceptance from Prof. Maarten J. Postma.

Mr. Jarir has a “unique way” of transferring the knowledge he has. As far as I know, his judgment is not only based on his academic ability, but a soft-skill person becomes a critical determinant of career success. Thank you for all the motivations you have given me so far.

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In early 2013, when I was busy completing my Master of Hospital Management thesis, I got information about LPDP scholarships from Gadjah Mada University in Yogyakarta. After reading the terms of the LPDP scholarship, I realized that what I needed was the permission from the Director of RSUD Banggai Public Hospital for an extension of my study period. Alhamdulillah, I was very lucky because at that time Bunda (Mrs) Ratnasari Dewi Turungku helped to communicate with Abdi Kamindang, MD, MPH who was then the director at the hospital where I was assigned. I am indebted to bunda Ratna and dr. Abdi for their help and permission.

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